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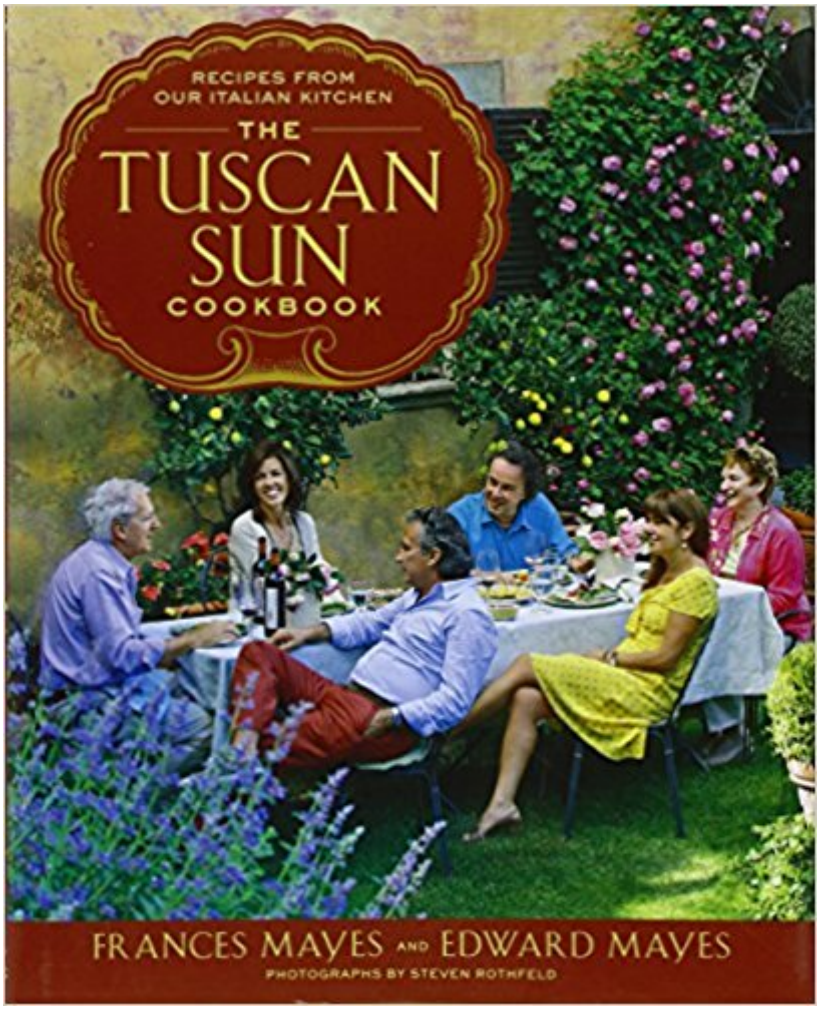
The Tuscan Sun Cookbook: Recipes From Our Italian Kitchen



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Synopsis

â œTuscan food tastes like itself. Ingredients are left to shine. . . . So, if on your visit, I hand you an apron, your work will be easy. Weâ ™ll start with primo ingredients, a little flurry of activity, perhaps a glass of Vino Nobile di Montepulciano, and soon weâ ™ll be carrying platters out the door. Weâ ™ll have as much fun setting the table as we have in the kitchen. Four double doors along the front of the house open to the outsideâ ”so handy for serving at a long table under the stars (or for cooling a scorched pan on the stone wall). Italian Philosophy 101: la casa aperta, the open house.â • â ”from the Introduction Â In all of Frances Mayesâ ™s bestselling memoirs about Tuscany, food plays a starring role. This cuisine transports, comforts, entices, and speaks to the friendly, genuine, and improvisational spirit of Tuscan life. Both cooking and eating in Tuscany are natural pleasures. In her first-ever cookbook, Frances and her husband, Ed, share recipes that they have enjoyed over the years as honorary Tuscans: dishes prepared in a simple, traditional kitchen using robust, honest ingredients. Â Â Â Â Â Â Â Â Â Â Â A toast to the experiences theyâ ™ve had over two decades at Bramasole, their home in Cortona, Italy, this cookbook evokes days spent roaming the countryside for chestnuts, green almonds, blackberries, and porcini; dinner parties stretching into the wee hours,Â and garden baskets tumbling over with bright red tomatoes. Â Â Â Â Â Â Â Â Â Â Â Lose yourself in the transporting photography of the food, the people, and the place, as Francesâ ™s lyrical introductions and headnotes put you by her side in the kitchen and raising a glass at the table. From Antipasti (starters) to Dolci (desserts), this cookbook is organized like a traditional Italian dinner. Â Â Â Â Â Â Â Â Â Â Â The more than 150 tempting recipes include: Â Â Â Â Â Â Â Â Â Â Fried Zucchini Flowers Â Â Â Â Â Â Â Â Â Â Red Peppers Melted with Balsamic Vinegar Â Â Â Â Â Â Â Â Â Â Potato Ravioli with Zucchini, Speck, and Pecorino Â Â Â Â Â Â Â Â Â Â Risotto Primavera Â Â Â Â Â Â Â Â Â Â Pizza with Caramelized Onions and Sausage Â Â Â Â Â Â Â Â Â Â Cannellini Bean Soup with Pancetta Â Â Â Â Â Â Â Â Â Â Little Veal Meatballs with Artichokes and Cherry Tomatoes Â Â Â Â Â Â Â Â Â Â Chicken Under a Brick Â Â Â Â Â Â Â Â Â Â Short Ribs, Tuscan-Style Â Â Â Â Â Â Â Â Â Â Domenicaâ ™s Rosemary Potatoes Â Â Â Â Â Â Â Â Â Â Folded Fruit Tart with Mascarpone Â Â Â Â Â Â Â Â Â Â Strawberry Semifreddo Â Â Â Â Â Â Â Â Â Â Steamed Chocolate Cake with Vanilla Sauce Â Frances and Ed also share their tips on stocking your pantry, pairing wines with dishes, and choosing the best olive oil. Learn their time-tested methods for hand rolling pasta and techniques for coaxing the best out of seasonal ingredients with little effort. Â Â Â Â Â Â Â Â Â Â Â Throw on another handful of pasta, pull up a chair, and languish in the rustic Italian way of life.

Book Information

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Customer Reviews

I've just finished reading, for the first time, my copy of "The Tuscan Sun Cookbook" (which became available yesterday). I'll be going back to it, of course, later in the day.....but my first thought is "Oh, I'll be giving this to so many friends" ."The Tuscan Sun Cookbook" is just a lovely, really generously-spirited book. I was immediately reminded of another most-favorite book of mine, Robert Arbor's "Joie de Vivre". Both his and Mayes's books gently (unlike Signora Marcella Hazan's markedly strict skoolmarming) suggest/remind the reader that you don't have to actually be Italian or French, or own a villa or a chateau (or have more-time-on-your-hands-than-God-does) in order to ENJOY cooking and entertaining in a way that eventually might become second-nature to you. Both books remind me of Julia Child's superb (and very useful) "The Way to Cook".All three books make a basic, quite practical point: Stop turning yourself into some harried, anxiety-filled kitchen-drudge, as though you were opening a restaurant or auditioning for your own Food Network show...when you're supposed to be enjoying your friends, family, and the actual cooking/eating.....and keep it (the food, table-settings, "dinner party etiquette", etcetera) refreshingly simple. The Mayes, Arbor, and Child have all obviously hit the right note....particularly during these days when (as I've noticed all too frequently) folks set themselves up for anxiety/"failure" by acting as though they have to compete with restaurants and whatever-they've seen in magazines.

Ahhhhhhhh, the food of the peasants! Earthy, pure, simple, fantastic! That about sums up my love for the recipes within the Bramasole walls of Frances and Ed Mayes cucina!In a most simple, but

most elegant way of preserving some of the most basic foods that graced the table of those that worked the Italian fields, this is a compilation of dishes that fulfilled, and filled, the souls of the working people, way back when.In yet another wonderful book offered from the life that is Frances Mayes, and her wonderful husband, Ed, these recipes focus on the Tuscan region of Italy. In her previous books, Frances has taken us into the history of the Tuscany, from the golden days to the current days. This business that began as a journaling of sorts, of buying an old run down farm house, has blossomed into Tuscan life, history, and now, food. And now, through their years of dividing their time between Tuscany and California, they have come to know and love the country, the region, and the food.Each region of Italy is known for different styles of cooking, with its respective area pretty much dependent on the region it’s located, whioh would dictate whether they were strong on seafood, or grains, or wine, etc. For the Tuscan region, which is lcoated just about center of the "boot", it encompasses a little of everything, and the Mayes have done well by their writing to leave you wanting more.The photography is close and clear; beautifully done through an amateur lens of Frances and her friend, which increases your appreciation of their efforts. The lighting, the settings, the staging of the final dishes are all inviting.

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